

## Room accommodations

The rooms on 1 East are comprised of ward, semi-private and private rooms. Patients are assigned to rooms depending on availability and individual patient needs.

## Visiting hours

Regular visiting hours are from 11 a.m. to 8:30 p.m. daily. Two visitors may see a patient at any one time. Children (12 and under) may only visit with permission from the patient's nurse.

## Valuables and cash

The patient and/or family members are responsible for personal items. The hospital does not accept responsibility for loss or damage to personal belongings or valuables. This includes valuables such as hearing aids, dentures and glasses. The hospital encourages all patients to keep their valuables at home or with a relative or friend. When it is not possible to leave valuables elsewhere, safekeeping for small valuables will be provided.

## Telephone and television services

Telephone and television services are available at an added cost.

## Contact Information

1 East  
Located in building A, level 1  
Telephone: 905-472-7525  
Fax: 905-472-7134

BRORRCP (6/18) (9972 4/10)



MARKHAM STOUFFVILLE HOSPITAL

381 Church Street  
PO Box 1800  
Markham, Ontario L3P 7P3

[www.msh.on.ca](http://www.msh.on.ca)

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# Reactivation & Restorative Care Program



MARKHAM STOUFFVILLE HOSPITAL  
A PROUD HERITAGE - AN EXTRAORDINARY FUTURE

### Program

Our Reactivation & Restorative Care Program is made up of nine beds on 1 East at Markham Stouffville Hospital. Our patients include people over the age of 50 who have experienced medical issues and require additional restorative care in order to assist them in returning home.

### Services

Our services include nursing care, physiotherapy, occupational therapy, speech therapy, recreational therapy and social work.

Programs we offer include:

- One-on-one physiotherapy and occupational therapy sessions  
Walking groups
- Upper extremity groups Tai Chi
- Focus on faith Baking groups Dinner theatre “FUN”ctional fitness
- Pain/stress management

Our programs include individual and group sessions where family members are welcome to participate.

### Expectations

Our patients benefit from one to two half-hour individual and group therapy sessions. Outside of those sessions our patients are highly encouraged to have lunch and dinner in the dining room within a group setting.

### Discharge planning

When being admitted to the Reactivation & Restorative Care Program, each patient will meet with the patient flow coordinator. Together in collaboration with the healthcare team the coordinator will discuss the patient’s discharge plan and discuss if any changes are needed.

### Day passes

Patients are encouraged to obtain day passes to visit their home, go to a restaurant, etc...

### Weekend passes

During the stay in the Reactivation & Restorative Care Program, the team will recommend one or more weekend passes. A weekend pass allows the patient to return home for an overnight stay. This is an excellent opportunity to address any issues that might arise when returning home for the first time since being hospitalized.

### What to bring

- Comfortable, easy to wear clothes
- Comfortable supportive walking/running shoes
- Toiletries:
  - Toothbrush
  - Deodorant
  - Tissues
  - Comb/brush
  - Razor/shaving cream
  - Eyeglasses (if needed)
  - Hearing aids (if needed)
  - Shampoo
  - Soap